

What is expected of me, as a coach?

You might have to set up and supervise pre-season training programs, plan practices, motivate your athletes, select a team, plan offensive and defensive strategy, supervise conditioning drills, suggest diets.

Would I have a lot of problems doing all that?

Maybe. The media and the pros preach winning, but your team may be losing. How would you cope with that? Do you let everyone play — especially when your team is losing? How do you cut players? Do you know any strategy? What kind should you use? What do you do about nagging parents?

Wow! Sounds rough. Where do I get answers to all those questions?

In the National Coaching Certification Program! Even experienced coaches need help, since new techniques are always coming along. And this is a learning program for coaches of *all* sports, team and individual, in five levels, from very basic principles on through the finer more intricate knowledge required to coach top athletes.

Say, how much would all this cost me?

Level 1 Theory \$10	Technical courses vary depending on the sport,
Level 2 Theory \$20	and are approximately
Level 3 Theory \$25	\$10 to \$60 for each level.
Level 4-5 prices still to be set.	

What would I learn the first year?

General knowledge about coaching; we call this *Theory*. Skills and drills; we call this *Technical* — and we show you how to teach these correctly in the sport of your choice. Then actual coaching; we call this *Practical*.

So what does that leave for the other levels?

Same thing — but more advanced knowledge each year.

I might have to move to another province — what then?

No problem. The Coaching Certification Program is *National*. Every province offers the same instruction. You can continue training exactly where you leave off. The provincial governments and provincial sports bodies are in charge of levels 1 to 3. The federal government and national sport bodies are in charge of levels 4 and 5. Everyone is working together.

How does that theory stuff apply to me? I'm for football, myself.

A football coach can learn from a basketball coach, gymnastic coach, track coach, whatever, because all of them have to deal with the same concerns—conditioning, motivation—all those coaching principles that apply to all sports.

What subjects do you cover in Theory?

Role of the Coach To assess goals and clarify the roles of the coach and how they relate to the needs and interests of the athletes.

Sport Psychology To help the coach learn to motivate the athletes and to understand the athletes' psychological development.

Teaching Methods To teach the coach some basic teaching methods so that the coach can communicate more effectively.

Planning To help the coach plan and conduct the practice session in a more effective and constructive way.

Skill Analysis To help the coach detect errors in the athletes' performance and communicate the corrections in a positive way.

Sports Safety To help the coach run safe practices and competitions, prevent injuries and be able to react to emergency situations.

How the Body Works and Grows To help the coach understand how the human body works and grows.

Say, how long are these courses?

The Theory course, level 1, requires only 14 hours. You might take this one night a week in a two-hour session for seven weeks. If you went two nights a week, it would take only four weeks. If you prefer Saturdays and Sundays, it

would take only two weekends, and if you went on Sunday evenings from 6 to 9:30 p.m. it would take four of those. You pass if you attend all your classes — and there's no exam.

And Level 2 — how long is it?

21 hours — in a similar schedule. Your pass is based on attendance plus a project or test.

How about the other levels?

25 hours for level 3. This is a new program so the courses for levels 4 and 5 haven't been finalized, so we don't know the time they'll require. Once you become involved you'll find there's scarcely enough time to discuss all the ideas you have and you'll want to learn more.

Tell me about the Technical courses.

These are produced by the National sports bodies in Ottawa for the whole country. Specialists in each sport are brought in from the provinces, to give us the best sport packages. Many of the coaches of our teams at the Montreal Olympics are contributing; they've been exposed to the finest teaching techniques in the world.

Is this where I would learn about football?

Yes. Skills and drills, offensive and defensive strategy, conditioning, rules, administration are all discussed in relation to various sports — basketball, tennis, curling, soccer, you name it. These technical courses come in levels 1 to 5 too, becoming more involved as you progress. You'll receive an excellent coaching manual which summarizes the material in both the Theory and Technical areas.

How much time does the Technical area take?

About the same as for Theory, generally offered over weekends.

Are the instructors really with it?

Yes, they're trained in the Technical area by the national sport bodies. And all instructors in both Theory and Technical must first attend weekend schools so they can give the best possible instruction to coaches.

You mentioned a Practical area?

That's where you use your knowledge in actual coaching. Each sport has its own requirements. Some sports accept prior coaching experience to satisfy their requirements. Stricter ones ask for coaching experience after, or at the same time as the Theory and Technical courses. Generally speaking, level 1 requires 1 year of coaching experience; level 2 requires a total of 3 years experience in coaching, while level 3 requires a total of 5 years experience. Where possible, we hope to have on-the-scene evaluation of coaches made by experienced members of the appropriate sport-governing body. Sometimes, recreation directors or other qualified people can do it. The sport body concerned can give you the details.

Will I get a certificate?

Yes, on completion of the Theory, Technical and Practical areas of that level. It is better to take these in this order, especially if you're a rookie coach. Some coaches may find this inconvenient, so it is possible for them to take Technical before Theory, or Practical before Technical. However, you must take Theory 1 before Theory 2, 3, 4 and 5 — and the same for Technical and Practical. Once you have completed all three areas, you apply to your sport governing body for certification.

Is this the best coaching course I could take?

Yes. We hope funds will be available to send top Canadian coaches to countries where the expertise in their sport is such that they will learn from the best and come home to coach Canadian athletes. Winning-at-all-costs is not our aim in this program. Self-discipline, honest respect and good sportsmanship is, and coaches with greater experience will help players put fun back in the game and enjoy total commitment.

For further information, contact:

The sport of your choice (for instance, Basketball)
Sport Administrative Centre
160 Vanderhoof Avenue
Toronto, Ontario
M4G 4B8
Phone 416-429-7701

Or a regional office of the Ministry of Culture and Recreation:

Northwestern Region

Ontario Government Bldg.
1825 Arthur Street E.
Thunder Bay, Ontario
P7E 5N7
Phone 807-475-1255

Southwestern Region

495 Richmond St., 5th Fl.
London, Ontario
N6A 5A9
Phone 519-438-2947

Central West Region

1083 Barton St. E., 2nd Fl.
Hamilton, Ontario
L8L 3E2
Phone 416-549-2471

Northeastern Region

215 Oak St. E., 2nd Fl.
North Bay, Ontario
P1B 1A2
Phone 705-474-3821

Eastern Region

Rideau Trust Bldg.
11th Floor, Room 1116
1 Nicholas Street
Ottawa, Ontario
K1N 7B7
Phone 613-232-1116

Central East Region

700 Bay Street, 8th Fl.
Toronto, Ontario
M7A 2R9
Phone 416-965-0283

Or phone your local recreation department.



Ministry of
Culture and
Recreation

Sports and
Fitness
Branch

Hon. Reuben C. Baetz
Minister
Douglas Wright
Deputy Minister

COACHING is it for you?

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